



# Exploring Changes

Everything in your life shifts when your loved one is no longer with you in the way that you are used to and it is helpful to acknowledge those changes. In the areas below, write the first three thoughts that come into your mind as quickly as you can.

How have my **thoughts** changed?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

How has my **body** changed?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

How have my **emotions** shifted?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

How has my **behavior** changed?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

How has my connection to my **inner wisdom** changed?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_